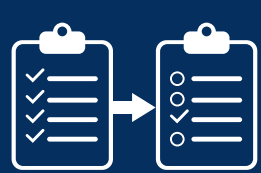


Pulmonary Rehabilitation

A PATH TO BREATHING BETTER

People diagnosed with chronic obstructive pulmonary disease (COPD) know that it is a serious and debilitating condition requiring ongoing medical attention. But many do not realize that pulmonary rehabilitation may help them live and breathe better. This therapy is most effective when started in the moderate stage of COPD—but even people who have advanced stage lung disease can benefit.

HELPS TO ►



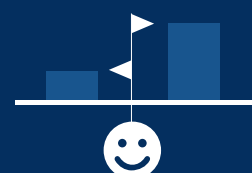
Reduce
COPD
symptoms



Increase
physical
activity



Improve
daily life
function



Improve
emotional
health

THE JOURNEY BEGINS

Before you can start pulmonary rehabilitation, a health care provider will assess your health status and develop a customized plan based on your:



Physical
well-being



Emotional
well-being



Food intake
& nutrition

2
in 3



patients who participate
in pulmonary rehabilitation
report positive outcomes.¹

ALONG THE WAY

Once your program begins, you will work with experts, usually in an outpatient hospital or clinic. In-home programs are also available.



Doctors and nurses help you
better manage your COPD and
avoid things that make it worse.



Respiratory therapists teach
breathing strategies to open airways,
expand lungs, and increase airflow.

Exercise specialists help improve
endurance and muscle strength,
giving you the stamina to carry
out daily activities better.



Physical therapists teach you
energy-conserving techniques
and ways to breathe easier.

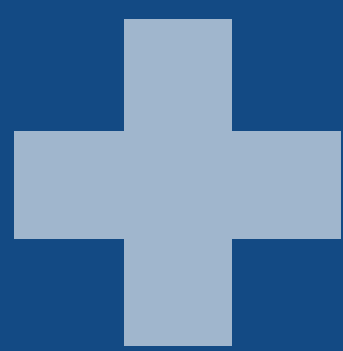


Dietitians offer nutritional counseling
and eating plans to help manage your
weight and enhance muscle mass.



MORE THAN

90%



of patients who
undergo pulmonary
rehabilitation spend fewer
days in the hospital.²

COPD
PATIENTS ARE

85%



more likely to develop
anxiety disorders.³

WHEN YOUR PROGRAM ENDS

Most pulmonary rehabilitation programs last a few months. Your progress at the end will be measured against how you functioned at the start. Your health care provider will then prescribe exercises, breathing strategies, and other activities to do on your own.

After your program,
you should experience:

Increased
physical activity



Reduced COPD
symptoms



Improved
quality of life



Psychologists help manage
depression, anxiety, and
overall mental health.

SOURCES

- 1 Scott, A. S., Baltzan, M. A., Fox, J., & Wolkove, N. (2010). Success in pulmonary rehabilitation in patients with chronic obstructive pulmonary disease. 219-223. Retrieved November 16, 2018, from www.ncbi.nlm.nih.gov/pubmed/21037996
- 2 Katajisto, M., & Laitinen, T. (2017). Estimating the effectiveness of pulmonary rehabilitation for COPD exacerbations: Reduction of hospital inpatient days during the following year, 2763-2769. Retrieved November 16, 2018, from www.ncbi.nlm.nih.gov/pmc/articles/PMC5624742/
- 3 Yohannes, A. M., & Alexopoulos, G. S. (2014). Depression and anxiety in patients with COPD. NCBI. Retrieved from www.ncbi.nlm.nih.gov/pmc/articles/PMC4523084/

If there is little to no improvement,
talk with your health care provider
about an alternative therapy.



National Heart, Lung,
and Blood Institute

COPD
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